






May 2022

The Hope Center Calendar
 2933 H St., Eureka, CA, 95501
 707-441-3783
humboldt.gov/HopeCenter

MENTAL HEALTH AWARENESS MONTH



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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<p>1. Key ⇒ Hybrid ♦ Zoom In Person</p>	<p>2. 10 a.m.-2p.m. Open 11:30 a.m. Gratitude in the garden</p>	<p>3. ♦ 10-11 a.m. Positive start ♦ noon-1 p.m. Art</p>	<p>4. 10 a.m.-2p.m. Open 11:30 a.m. Gratitude in the garden</p>	<p>5. 10 a.m.-2p.m. Open ⇒ 10:30 a.m. wellness tools noon Sign Making</p>	<p>6. 11:30 a.m. Bowling Sign up at front desk</p>	<p>7. <i>you are a</i> MENTAL HEALTH WARRIOR</p>
<p>8. </p>	<p>9. 10 a.m.-2p.m. Open 11:30 a.m. Gratitude in the garden</p>	<p>10. Walk Take action 4 Mental Health 11:30-1:30</p>	<p>11. 10 a.m.-2p.m. Open 11:30 a.m. Gratitude in the garden</p>	<p>12. 10 a.m.-2p.m. Open ⇒ 10:30 a.m. wellness tools noon Rock Painting</p>	<p>13. 11:30 a.m. Park Sign up at front desk</p>	<p>14.</p>
<p>15. </p>	<p>16. 10 a.m.-2p.m. Open 11:30 a.m. Gratitude in the garden</p>	<p>17. ♦ 10-11 a.m. Positive start ♦ noon-1 p.m. Art</p>	<p>18. 10 a.m.-2p.m. Open 11:30 a.m. Gratitude in the garden</p>	<p>19. ⇒ 10-11 a.m. Hope Center Advisory meeting 11:30 a.m.-2p.m. Healthy Harvest</p>	<p>20. 11:30 a.m. Pool Sign up at front desk</p>	<p>21. Funded by MHSA </p>
<p>22.</p>	<p>23 10 a.m.-2p.m. Open 11:30 a.m. Gratitude in the garden</p>	<p>24. ♦ 10-11 a.m. Positive start ♦ noon-1 p.m. Art</p>	<p>25. 10 a.m.-2p.m. Open 11:30 a.m. Gratitude in the garden</p>	<p>26. 10 a.m.-2p.m. Open ⇒ 10:30 a.m. wellness tools noon Art for wellness</p>	<p>27. 11:30 a.m. Zoo Sign up at front desk</p>	<p>28. <i>I care.</i> LET'S TALK...</p>
<p>29.  #breakthestigma</p>	<p>30. Memorial day Closed</p>	<p>31. ♦ 10-11 a.m. Positive start ♦ noon-1 p.m. Art</p>	<p>IT'S OKAY TO NOT BE OKAY</p> 		<p>Zoom Info: call in 1-551-285-1373 enter ID # 160 1809 5433</p>	